

## News Briefs

### No more FLASH in the mail

Starting in February, the 52nd Services Squadron will no longer post issues of FLASH magazine in MPS mailboxes. There is more information on the inside cover of the January FLASH magazine. For details, or to sign up for the FLASH mailing list, send an e-mail with name and address to [52svs.marketing@spangdahlem.af.mil](mailto:52svs.marketing@spangdahlem.af.mil).

### BHS students get half-day

Bitburg High School students will be released Thursday at 11:10 a.m. Buses will run accordingly. There will be no school Jan. 27 for a teachers' work day.

### USAFE consolidates computer help

The U.S. Air Forces in Europe Communications and Information Directorate is consolidating all Network Control Center help desks to Ramstein Air Base. As of Feb. 1, Team Eifel members should contact the Consolidated Help Desk at DSN 478-4357 (HELP) for all their computer and network problems. 52nd Fighter Wing geographically-separated units have already transitioned to the new support system and Bitburg Annex will transition Tuesday. The change will provide the command standardized around-the-clock customer support while reducing the workload of client system administrators, formerly named workgroup managers. For password resets, the CHD requires physical verification, and members will need to visit their assigned client system administrators to confirm identification.

### Medical training days revised

The 52nd Medical Group's training days will now coincide with wing training days with exceptions in April and May. The next medical group training day takes place Feb. 3. Spangdahlem AB and most Bitburg Annex medical services and offices are closed this day. People needing urgent care should visit the Bitburg Annex Hospital emergency room.

### Bird Flu in Turkey

As of Jan. 11, tests conducted in Turkish laboratories have confirmed the country's 15th case of human infection with the H5N1 avian influenza virus. As a reminder, there is currently no pandemic flu and no confirmed human-to-human transmission of the H5N1 avian influenza virus. All USAFE personnel stationed in or traveling through Turkey must follow prudent personal protection measures:

- ♦ Avoid all contact with live poultry and wild birds
- ♦ Avoid poultry farms and live poultry markets
- ♦ If you see a bird carcass, do not touch it
- ♦ Follow good sanitation and hygiene practices
- ♦ Practice safe handling of poultry products, including extensive cleansing and thorough cooking

The latest avian influenza virus information can be found on the World Health Organization Web site at [www.who.org](http://www.who.org) and the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov).

### Chill out!

Fitness gurus share tips, suggestions for outdoor running

Read, "Runners should not give workouts cold shoulder," on page 8.



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[www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

Jan. 20, 2006



Senior Airman Eydie Sakura

### Comfortably numb

Lt. Col. Kevin Scharff, 52nd Medical Operations Squadron chief nurse anesthetist, prepares to administer a spinal during a scheduled Cesarean section at the Bitburg Annex Hospital Wednesday. Maj. Stephanie Gardner, 52nd MDOS nurse anesthetist, right, acts as support during the procedure. National Nurse Anesthetist Week kicks off Sunday and goes through Jan. 28. The week honors Certified Registered Nurse Anesthetists and educates people on the importance of their work. Nurse anesthetists have been working with surgeons, dentists and podiatrists for nearly 150 years to deliver safe anesthetic care. The Bitburg hospital has three nurse anesthetists on staff who provide care to about 900 Sabers each year. Occasionally, the team takes turns augmenting Landstuhl Army Regional Medical Center in support of Operation Iraqi Freedom.

## USAFE celebrates 64 years of service

**RAMSTEIN AIR BASE, Germany** (USAFENS) -- U.S. Air Forces in Europe -- the Air Force's oldest active major command -- celebrates its 64th anniversary this month.

It is a command that has helped shape world events since its inception during World War II. Its legacy continued through the Cold War, conflicts in Southeast Asia, and remains equally vital today as we continue that tradition in the global war on terrorism, said Gen. Tom Hobbins, the 34th and current USAFE commander.

"For more than half a century, USAFE airmen have taken the fight to America's and our allies' enemies," General Hobbins said. "All Airmen and civilians assigned to USAFE today, like those who came before, should take pride in the fact that, every day, their service to our nation adds to this command's proud legacy."

What became USAFE began its existence as Eighth Air Force at Savannah, Ga., Jan. 19, 1942. A few weeks later,

**Special  
from  
USAFE**



the War Department put Eighth Air Force at the center of the Allies' plans for winning the war by giving it the mission of directing the U.S. strategic bombing campaign against Axis Europe from the United Kingdom.

In February 1944, the headquarters took control of strategic bombing missions based in the Mediterranean. The broader mission brought with it a new name, U.S. Strategic Air Forces in Europe, later shortened to U.S. Air Forces in Europe in August 1945.

USAFE helped deter Soviet attack on Western Europe though the long years of the Cold War, contributed forces to victorious coalitions in the Persian Gulf War and the Balkans conflict in the

1990s, and saved countless lives while participating in nearly 200 humanitarian operations.

Its commanders have included such legendary Air Force leaders as Gen. Carl Spaatz, Gen. Curtis E. LeMay, and Gen. Lauris Norstad; and more recently Gen. Michael Ryan and Gen. John P. Jumper, both of whom later served as Air Force chief of staff.

The headquarters' continuing commitment to excellence is reflected in the fact that it has won 11 Air Force Organizational Excellence Awards since 1986. Its current missions include strengthening America's ties with the more than 90 countries in its area of responsibility and defending American interests in the region against the full spectrum of threats.

The command has played a leading role in the global war on terrorism, deploying people and equipment to Afghanistan, Iraq and the Persian Gulf region, as well as the trans-Sahara region of northern Africa.

## Aggressor squadron stands up at Nellis AFB

By Senior Airman J.G. Buzanowski  
Air Force Print News

**WASHINGTON (AFPN)** -- The Air Force will reactivate the 65th Aggressor Squadron at Nellis Air Force Base, Nev., Jan. 12.

In a letter to Airmen, Gen. T. Michael Moseley, Air Force chief of staff, cited the history of the unit as "legendary" and said the aggressors will "directly contribute to the combat capability of our Airmen."

"The 65th and other aggressor units will provide realistic adversary training in air, space and information operations that make us even better," General Moseley said. "Their training will keep us innovative as we fight this global war on terror and defend this great nation in the face of modern threats and tactics that continue to proliferate."

"We have to have adversarial training to remain razor sharp," he said.

The unit will stand up with nine F-15C Eagles, and later will be expanded to a total of 24 fighters. The squadron was last active in 1989 when it operated F-5E Tiger II aircraft.

Once active, the squadron will fly alongside the F-16 Fighting Falcons of the 64th Aggressor Squadron -- part of the Air Force's advanced composite force training team.

In the letter, the general also said advanced adversarial training will better prepare Airmen. He also urged people to "use these opportunities to continually innovate and improve our tactics, technologies and training."

"If we do that then we will continue to dominate air, space and cyberspace," General Moseley said.

**RESCON** Watch

**BRAVO**

1-2 DUIs in the Last 30 Days

**Days since last DUI: 5**

**Rank of last DUI: staff sergeant**  
**Squadron of last DUI: 52nd CES**

Large unit with best record: 52nd Communications Squadron, 377 days  
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs  
Data Courtesy of the 52nd SFS

**When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.**



## 'Inspectors of the sky' take on OEF

# 606th ACS puts desert back on its radar scope

Story and photo by  
Staff Sgt. Jennifer Lindsey  
52nd Fighter Wing Public Affairs Office

It is not unusual for a husband and wife to see issues differently and to still support each other at the same time. That is the way it works for Staff Sgt. Joshua Bragg, 606th Air Control Squadron weapons director, and his spouse, Staff Sgt. Jennifer Bragg, 52nd Operations Support Squadron air traffic controller. Both NCOs are members of the 52nd Operations Group and both work with aircraft, but in very different ways.

"She keeps them apart and it's my job to get them together," said Sergeant Joshua Bragg. For the next four months the couple will provide each other personal support while each serves in different countries and in different military operations.

Sergeant Bragg is one of 90 members of the 606th ACS scheduled to depart for the CENTCOM area of responsibility from Spangdahlem Air Base this weekend.

Jennifer deployed to Iraq about one week ago, but before the couple parted they coordinated a personal communications plan including regularly scheduled e-mails and phone calls between them and Jennifer's parents, who are caring for their 5-year-old son in the United States during their deployment.

Upon arrival, the 606th ACS will set up camp, raise its radar dishes and begin its mission of providing Combined Air Operations Center leaders airborne battlefield snapshots. The information the squadron gathers is often

combined with data secured by NATO AWACS and U.S. Army and Navy surveillance systems to create a "big air picture."

The information is used by decision makers to create air tasking orders, which are in-depth schedules for tactical and airlift flights. The orders can direct the use of aerial cover for traveling ground troops or for other flying missions, and orchestrate the aerial refueling of U.S. and allied aircraft, explained Lt. Col. John Askew, squadron commander.

"When all goes as planned on the ATO it's a simple day, but it almost never quite goes this way," said the commander. "When troops are [under fire] we know what assets are available and call them in to support the troops who are under attack. This is where our job gets challenging and is the most interesting."

It was only a year ago that 606th ACS members returned from a four-month tour in Iraq in support of Operation Iraqi Freedom.

There the squadron identified 12,000 aircraft, operated 15,000 data link hours with allied and sister services, managed 2,500 combat flight missions, re-tasked about 200 ground troop support missions and orchestrated the delivery of 5.6 million pounds of fuel.

Although glad to be home, the Airmen did not have much time to reflect on their successful mission accomplishment.

To keep squadron combat skills sharp after returning home, the team practiced all



**Master Sgt. Bradley Robson, 606th Air Control Squadron deployed first sergeant, shares words of comfort with his wife, Silvia, before heading downrange in support of Operation Enduring Freedom. This is the fifth deployment the Robson family has experienced. Ms. Robson said she endures the hardship by staying busy working outside of the home, doing hobbies, such as scrapbooking, and going out to the movies with friends. Praying often for the squadron's safety also provides her comfort, she said.**

aspects of air control in 10 military exercises throughout the year, all of them designed to hone the team's convoy, security and combat air control skills.

"When I joined the Air Force I signed up for adventure, and this job definitely provides that," said Senior Airman Nick Kimble, data systems maintainer. "We love practicing controlling the fighters here on home base, but an air control squadron isn't doing its job when it's not deployed."

Although the squadron anticipates demanding deployed schedules, the operations tempo at their deployed location is slightly less than in Iraq.

In 2005, the Air Force averaged 8,500 sorties in support of OEF -- a welcome change, said Chief Master Sgt. Donald Ennis, 606th ACS operations chief.

"We'll be doing the same mission, but with a different scope because of the region's terrain, which can block radar signals," he said. "We'll be working with different technologies from radars to radios to gather data to share with pilots and the [Combined Air Operations Center]."

Additionally, squadron equipment maintainers will be busy keeping systems in working order, despite the cocoa-powder-like dust that makes a mess of computer equipment.

"As in Iraq, we're going to work on constant improvement to the site and processes," said Chief Master Sgt. Michael McElligott, squadron maintenance chief. "We plan to 'leave it better than we found it.'"

## SNCO's efforts during OIF earn him engineering medal

By Senior Airman Eydie Sakura  
52nd Fighter Wing Public Affairs Office

This squadron commander says he is a powerhouse SNCO, and his superb job performance at home station and while deployed in support of the U.S. Air Forces in Europe's first "Airman-Soldier" civil engineer team augmenting the U.S. Army, is what led Master Sgt. Mark Bartlett, 52nd Civil Engineer Squadron maintenance engineering superintendent, to win the Society of American Military Engineers Goddard Medal.

The medal, named after Maj. Gen. Guy Goddard, former president and director of the SAME, is given annually to recognize enlisted members' outstanding contributions to military engineering, including construction, base maintenance and contingency engineering.

Sergeant Bartlett says he was extremely humbled winning the award and gives all honors to God and the people he deployed with to Iraq.

"Much of the accomplishments occurred while I was deployed to Camp Bucca," Sergeant Bartlett said. "Deployments are a challenge by themselves, but to deploy, survive by the grace of God and have the opportunity to make an impact has a special meaning to me and the team members in my unit. I am honored to have served with them, and this award will always remind me of them."

Upon his arrival in Kuwait, the sergeant expected to work in his unit as a utilities systems specialist taking care of water and wastewater systems at Abu Ghraib, but he was informed that Camp Bucca needed a facility engineering team to help them bed down a fast-growing detention center.

He led an Air Force engineering team who laid out the camp life support area and detention center expansion, worked the details for funding and oversaw the construction.

They helped the Army develop Camp Bucca's master engineering plan, ensuring the rapid growth of the base was managed efficiently, said Maj. Mark Schulze, U.S. Army garrison commander at Camp Bucca.

"(Sergeant Bartlett) and his team worked 14-16 hour days on numerous projects; some in design, some in approval and many in actual construction," Major Schulze said. "The Air Force engineers assigned to Camp Bucca helped develop an overall plan that allowed the base to grow from a military population of 950 to close to 2,000, and a detainee population from 3,000 to over 8,000."

A growing base resulted in cultivating increased anti-terrorism and force protection plans and developing construction projects directly dealing with mitigating the risks.

"We demolished a 1,000-foot communications-jamming tower that insurgents had used as a target, which was also a potential safety hazard for the camp because it had not been maintained for several years," Sergeant Bartlett said. "However, the largest projects and the ones I am most proud of were the construction of a 13-million-gallon wastewater treatment lagoon, entry control points and the camp chapel."

Sergeant Bartlett's home station accomplishments resulted in modifications of a \$127,000 military family housing grounds maintenance contract, providing substantial improvements to the aesthetics of Spangdahlem Air Base and the Bitburg Annex housing areas, said Lt. Col. Mitch Gordon, 52nd CES commander.

"He played a key role in the renovation of the command post, which was the wing commander's number one priority in 2005," Colonel Gordon said. "This \$844,000 renovation is one of the largest attempted using our operations flight contract and will provide the wing state of the art command and control when the project is completed in March. (Sergeant Bartlett) is



Courtesy photo

**Master Sgt. Mark Bartlett, 52nd Civil Engineer Squadron maintenance engineering superintendent, demonstrates proper vehicle maneuvers and emergency procedures while conducting a mock-convoy with his engineering team at Udairi Range, Kuwait, November 2004. Sergeant Bartlett recently won the Society of American Military Engineers Goddard Medal for his efforts while deployed downrange and at home station.**

highly respected and trusted to provide world-class support to the 52nd Fighter Wing."

Sergeant Bartlett travels to the Pentagon with his family to receive the SAME Goddard Medal at the end of February.

Prepare to fight



Fight to win



Take care of each other





Courtesy photo

## Top Saber Performer

**Name:** Airman 1st Class Alison Mitchelldyer  
**Unit:** 23rd Fighter Squadron  
**Duty title:** Aircrew Life Support apprentice  
**Hometown:** Klamath Falls, Ore.  
**Years in service:** One  
**Nominee's contributions to 52nd Fighter Wing mission success:** Airman Mitchelldyer accomplishes inspections, maintenance and issue of Aircrew Life Support Equipment such as flight helmets, Joint Helmet Mounted Cueing System, oxygen equipment, aircrew eye and respiratory protection system ensembles, anti-exposure suits, torso harnesses, and anti-g suits for 46 pilots. She maintains strict accountability documentation for more than 4,000 line items of ALSE valued at more than \$6,000,000, which are issued to pilots and pre-positioned on 23 F-16 aircraft. Airman Mitchelldyer assists other life support technicians in critical aircraft inspections and time change removal and replacements. She coordinates ALSE inspection requirements with base agencies, transports and monitors status. The Airman also ensures annotation of completed equipment inspections is accurate in the automated database systems. Additionally, Airman Mitchelldyer performs pre- and post-flight equipment quality assurance inspections.  
**Off-duty volunteerism and professional development pursuits:** Airman Mitchelldyer mentored two children, set up a blood drive and registered to donate bone marrow. She also stood in formation at a Veteran's Day ceremony.  
**What do you do for fun?** I enjoy snowboarding, watching sports and bowling. I'm also a member of the 22nd and 23rd Fighter Squadron combined bowling team.  
**What do you like most about being stationed here?** I enjoy the travel.  
**What's one thing you'd like to see changed or improved at Spangdahlem AB?** I'd like to see a swimming pool on base. It would be an additional avenue for exercising other than running or going to the fitness center.

## Wing lauds group award winners

### Staff reports

The 52nd Fighter Wing recognizes the following individuals for their outstanding achievements during the fourth quarter of 2005.

#### 52nd Fighter Wing staff agencies

Airman: **Senior Airman Christy Byers**, Det 9 American Forces Network; NCO: **Tech. Sgt. Angela Gagliano**, 52nd Fighter Wing Plans and Programs; SNCO: **Master Sgt. George King**, 52nd FW/XP; CGO: **Capt. David Bergin**, 52nd FW Safety Office; junior-level civilian: **Angie Dodge**; mid-level civilian: **Ursula Tolbert**, 52nd Comptroller Squadron

#### 52nd Mission Support Group

Airman: **Senior Airman Jack Snyder**, 52nd Civil Engineer Squadron; NCO: **Tech. Sgt. Troy Ferguson**, 52nd Logistics Readiness Squadron; SNCO: **Master Sgt. James Wenger**, 52nd CES; **Capt. David Borchardt**, 52nd Security Forces Squadron; junior-level civilian: **Jo Bolish**, 52nd Mission Support Squadron; mid-level civilian: **Susan Brown**, 52nd Services Squadron; senior-level civilian: **Gottfried Loew**, 52nd CES

#### 52nd Operations Group

Airman: **Airman Alison Mitchelldyer**, 23rd Fighter Squadron; NCO: **Tech. Sgt. Scott McNair**, 606th Air Control Squadron; SNCO: **Master Sgt. Roger Bolish**, 606th ACS; CGO: **1st Lt. Adrian Lamport**, 52nd Operations Support Squadron; instructor pilot: **Capt. Matt Garrison**, 23rd FS; Wingman: **Capt. Chris Moeller**, 23rd FS; flight CC: **Capt. Jesse Friedel**, 23rd FS; flight lead: **Capt. Jeff Burley**, 81st Fighter Squadron

#### 52nd Maintenance Group

Airman: **Senior Airman Shaun Reed**,

52nd Equipment Maintenance Squadron; NCO: **Tech. Sgt. William McCalpine**, 52nd Maintenance Operations Squadron; SNCO: **Senior Master Sgt. Martin Dermody**, 52nd EMS; Airman Maintenance Professional: **Senior Airman Brad King**, 52nd EMS; Airman Staff Professional: **Senior Airman Gerardo De La Vega**, 52nd MOS; Airman Maintenance Support: **Senior Airman Ely Cashman**, 52nd EMS; NCO Maintenance Pro: **Tech. Sgt. Charles Blondeaux**, 52nd Component Maintenance Squadron; NCO Maintenance Support: **Tech. Sgt. Josh Conder**; NCO Staff Pro: **Staff Sgt. Jennifer Grant**, 52nd EMS; SNCO Maintenance Pro: **Senior Master Sgt. Timothy Peasley**, 52nd Aircraft Maintenance Squadron; CGO: **1st Lt. Rebecca Wunschel**, 52nd AMXS; civilian: **Christine Bright**, 52nd MXG

#### 52nd Medical Group

Airman: **Airman 1st Class Michael Huller**, 52nd Aerospace Medicine Squadron; NCO: **Staff Sgt. Maryline Bergmann**, 52nd Dental Squadron; SNCO: **Master Sgt. Melanie Dolzanie**, 52nd Medical Support Squadron; CGO: **Capt. Pamela Stewart**, 52nd MDG; mid-level civilian: **Tina Betzen**, 52nd MDG; junior-level civilian: **Cynthia Davis**, 52nd AMDS

#### 726th Air Mobility Squadron

Airman: **Senior Airman Olen Gifford**; NCO: **Tech. Sgt. Barbara Stanley**; SNCO: **Master Sgt. Robert Speigner**; CGO: **Capt. Eric Haler**; local national: **Zell Hubert**; civilian: **Gregg Hermann**; 21st Expeditionary Mobility Task Force Communications and Information Award NCO: **Tech. Sgt. Gillie Zamora**; Air Mobility Command satellite supply effectiveness award: **726th AMS**

## Eifel Salutes

### 52nd Mission Support Group

Above par is recent below-the-zone selectee **Senior Airman Matthew Guminiaak**. Way to go! Thanks a million to the Spangdahlem AB and Bitburg Annex Post Office staff, augmentees and **Master Sgt. Henry Gonzalez**, who were instrumental in coordinating the distribution of more than 1 million pounds of mail to the Eifel community.

### 52nd Maintenance Group

**Senior Airman Gerardo De La Vega** helped make greased lightning with his vigilance on scheduled maintenance and time change replacements of more than 100 aircraft engines assigned to the wing. There are salutes a-brewin' for **Staff Sgt. Ambrose Brewer** and **Senior Airman Charles Cassidy**, who earned error-free results during a recent program inspection. If you don't hear A-10s flying, it's not because they ran out of money ... budget analyst **Iris Quinones** accurately tracks \$3 million in funding for the 81st Fighter Squadron and its support of Operations Enduring and Iraqi Freedom. 'Tis a noble deed to be the guru for all mobility-related issues, and **Master Sgt. Jeffery Knobel** is just that. He ensures worldwide deployment requirements are strictly adhered to.

### 38th Munitions Maintenance Group

The buck stops with **Staff Sgt. Jaysa Gordon**, who expertly handles all aspects of financial management operations at Kleine Brogel Air Base, Belgium. Her demanding position requires vast knowledge in all areas of military and travel pay in order to provide outstanding customer service to more than 130 troops. And the winner for best supporting staffer is ... **Staff Sgt. Adam Mufford**, who took a section

with several critical failings and brought it to a near perfect inspection during the 38th MMG Maintenance and USAFE Staff Assistance Visits. One good Betourne deserves a salute! **Senior Airman James Betourne** trains new controllers and manages all aspects of the training program with emergency actions tests, certification evaluations and 14 job-related block tests. **Staff Sgt. Michael Hurley** surely gets a salute for his 24-hour accountability, maintenance and release of a U.S. weapons arsenal valued at more than \$500 million. He also briefs the squadron commander and key staffers about critical information related to decoding and authentication of U.S. and NATO emergency actions messages.

### 52nd Medical Group

Turn on the sirens for the entire **Bitburg Annex Emergency Room staff**, for pioneering the use of a new electronic medical record for emergency care. The Bitburg ER will be one of the first ERs in the entire military medical program to have providers, nurses and technicians all using the system to improve communication and the quality of care.

### 726th Air Mobility Squadron

Now that's class ... **Tech. Sgt. David Lunsford** earned the NCO Academy Distinguished Graduate 06-2 nod.

### Dorms of the quarter

The fourth quarter DOTQ inspection results are as follows: 1st place: **Dorm 134**, 52nd Operations Group; 2nd place: **Dorm 225**, 52nd CES/MSS/SVS; honorable mention: **Dorm 23**, 52nd MDG.

*Kudos to all; Team Eifel salutes you!*

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

## Top Saber Team

**Unit name:** 52nd Fighter Wing Office of the Staff Judge Advocate

**A brief description of unit responsibilities:** The team provides advice and assistance to commanders regarding all facets of military law and assists the wing commander in maintaining and promoting discipline throughout the wing. Staff members also provide legal assistance to authorized Sabers and their dependents, including assistance on deployment processing lines for members with last-minute legal needs and guidance with local German laws. Office members provide invaluable legal advice and training on a broad range of issues to include contracts, fiscal, environmental law, and ethics. Additionally, these Sabers handle military justice actions, claims, foreign criminal jurisdiction, federal income tax assistance and other legal matters.

**Number of members:** 24

**How does the team fit into the 52nd FW's mission?** The office's contributions are vital to ensuring that commanders legally perform the wing's mission and Team Eifel members are ready to deploy with the peace of mind that their legal affairs are in order.

**Team's other contributions through the year?** Since Jan. 1, 2005, the office has worked extended hours and weekends to help more than 3,400 legal assistance clients, prepare hundreds of wills and more than 8,500 powers of attorney and notaries to ensure wing members have these documents in order before leaving on short-notice deployments. Attorneys and paralegals have also brought the legal office to the squadrons to provide wills and powers of attorney to deploying members. Additionally, the tax center will open its doors soon and will provide tremendous assistance to the base population. The center has saved the Spangdahlem Air Base community more than \$200,000 in tax preparation fees and processed more than 1,300 federal returns during the past tax year.



# Mission accomplished: 23rd EFS back at home after NATO air policing deployment over Baltics

By Maj. Lisa Neidinger  
U.S. Air Forces in Europe Public Affairs

The NATO air policing deployment of the 23rd Expeditionary Fighter Squadron ended on a positive note Dec. 29 with 120 deployed Airmen returning to Spangdahlem Air Base just in time for New Year's.

The redeployment followed turnover ceremonies and activities with the 23rd EFS turning over NATO's Baltic Air Policing mission to members of the 1st Tactical Squadron of the Polish air force.

During the Lithuanian air policing mission, the 23rd EFS accomplished 154 sorties consisting of 227.6 mishap-free flight hours over 90 days.

Col. Bob Wright, 52nd Operations Group commander, praised the 23rd EFS for their work in the Baltics. "You've fulfilled the mission; you've done what we've asked of you. I thank each of you for the sacrifices you've made."

Lt. Col. Al Woodcock, 23rd Fighter Squadron commander, praised both the 23rd EFS and the people of Siauliai. "From what we started with to what we ended up with, the folks have put in a lot of hard work. This is a great country with really great people. Our being here has done a lot to give the Lithuanians a great boost of confidence for NATO."

From the arrival of the advance team in September to the completion of the mission, the 23rd EFS made efforts to improve facilities at the former Soviet base of Siauliai, Lithuania. "We definitely made the place a lot better," said Tech. Sgt. Keith Varnado, 52nd Equipment Maintenance Squadron production superintendent.

Self-help projects included building a dining facility tent including constructing wooden flooring, tables, benches, and a serving area; improving the Hardened Aircraft Shelters, welding hasps for security locks on all the munitions facilities, and

installing grounding systems; filling holes and repainting the inside of the operations building, and constructing outside walkways of gravel and wood.

Deployed members contrasted the bareness of the base with off-base conditions. "It's more westernized than I expected," said Maj. Heidi Kjos, 23rd EFS flight surgeon. "It's almost like you have two different worlds. There's the base where you eat in tents and can't drink the water, and then you go downtown, where you can enjoy a beautifully prepared gourmet meal."

Though mostly from Spangdahlem AB's 23rd FS, members of the 23rd EFS came from around U.S. Air Forces in Europe. "It's been a real privilege to be out here, working with people from Ramstein, Lakenheath, Sembach, Aviano. It's been pretty much a command-wide effort," said Maj. Joe Locke, deployed detachment commander. "Security forces, fire protection crews and explosive ordnance disposal troops came to Lithuania from Lakenheath, a firetruck came from Aviano, the barrier crews and fuels folks were from Ramstein, and an (Office of Special Investigations) agent came from Sembach."

NATO alert records soon fell after the 23rd EFS took over the air policing mission. "We came in to true bare base ops, providing three crews for 24-hour coverage from Sept. 29, when the 23rd EFS took over from the German unit before us," said Staff Sgt. William McLellan, 23rd EFS dedicated crew chief. "We cut our alert response time to three and a half minutes -- that's from the time the alarm goes off until the time the wheels are off the ground and the jets are in the air."

One thing that surprised many 23rd EFS members was the openness and friendliness of the Lithuanian people.

"One of the most touching moments was when an elderly woman came up to me and said 'We've been waiting for you for 60 years. Thank you for coming,'" Major Locke said.

"It's been amazing seeing the response from the locals," added Tech. Sgt. Jeremy Wade, 23rd EFS independent duty medical technician. "You don't expect to visit a former Soviet-occupied area and get such a positive welcome from the people."

Not only did the 23rd EFS meet and host visits from local military groups, they had friendly basketball and baseball games with local groups, and gave tours to the fire department, civic groups and hundreds of local schoolchildren, said Capt. Eric Danielsen, 23rd EFS intelligence officer. "It was fantastic. The children and teachers were so appreciative; it really was rewarding."

Three local orphanages also benefited from the 23rd EFS. "The kids wanted to do everything for us," said Airman 1st Class Sarah Mustard, F-16 crew chief. "We gave them candy, and they gave it right back, wanting to share. They were well-behaved and even though they couldn't speak much English, they just wanted to be around us."

For one deployed member, the trip to Lithuania was the chance to visit an area he'd long wanted to see. Staff Sgt. Scott Rutkauskas said his father's family left Lithuania after World War I, from a town near Siauliai. "Lithuania is someplace I'd wanted to see for so long, the way of life, the culture ... the best thing was the friendliness of all the people."

Local officials and a media reporter helped him try to trace his family. Though he hasn't found any living relatives, he looks forward to researching and finding out more. Near the end of the deployment, his thoughts were shared by many of the 23rd EFS. "I don't want to leave. The people, the culture, the food, the whole way of life. You can ask anyone who's been here three months -- it's been wonderful."

## Wing, DoDDS partner for student success, recognition

By Susan Hargis  
Bitburg High School assistant principal

Bitburg High School students continue climbing the academic ladder of success, and the 52nd Fighter Wing supports them every step of the way.

Col. Sid Banks, 52nd Mission Support Group commander, recently established a Commanders' Honor Roll, the first of its kind in Department of Defense Dependents Schools Europe. It is designed to recognize students and parents for academic achievement and growth.

At the end of January, Colonel Banks will recognize 10 BHS students; five who have achieved the highest grade point averages and five with the greatest percentage of improvement. The recognition ceremony will include a continental breakfast in the wing conference room, where honorees and their parents will be "coined" with a wing commander's coin and given a certificate for their academic success. Future recognition ceremonies will be held at the end of each quarter.

"Preparation for success begins now," Colonel Banks said. "The (Bitburg) High School students and parents who will be recognized at this ceremony have paved a pathway to success by taking advantage of the many opportunities that are afforded them by the strong partnership that exists between the community and DoDDS. Hopefully this added incentive will inspire each and every student to do his or her best."

The idea of a Commanders' Honor Roll developed from a need for all BHS students to place their strongest focus on academics.

Although nearly half of the student body was recognized for having a 3.0 or better grade point average at last week's Honor Roll Ceremony, there were still a number of students who will benefit from this incentive. The new honor roll program, along with the new DoDDS requirement that all 2007 gradu-

ates have a 2.0 or better GPA, has put the school, military community and parents on high alert to focus on student achievement.

The concept of celebrating parental success came from Colonel Banks' wife, Charlette, a

former teacher and mother of two students at BHS.

"As a former teacher, I know that it takes a strong

parent to hold your child accountable and ensure that all assignments are completed," she said. "When a child makes good grades, a parent should pat themselves on the back. After all, the parent is the child's first teacher."

BHS Senior Lindsey Montgomery has already received recognition as an Air Force Junior Reserve Officer Training Corps member, football player, wrestler and drama club member, but he is working hard to be a

Commander's Honor Roll member.

Mr. Montgomery said his parents have done so much for him that he wants to work harder to give them the recognition they deserve.

"They are always so proud of me and I want to be able to have them 'coined' and say, 'Hey, I'm proud of you for all you do for me,'" he said. "That would be awesome."

BHS Junior Chelsea Boyer is energized by the Commanders' Honor Roll because she says that anybody can be a winner; not only the top students.

"By including the five most improved, you are making this an opportunity and goal for all students," she said.

BHS information specialist Brenda Painter likes the idea of the new honor roll because it recognizes the students and parents as partners in success.

"Higher student achievement is the bottom line," Ms. Painter said.

**Preparation for success begins now.**

-- Col. Sid Banks  
52nd Mission Support Group commander

## Sabers involved in major crashes; NCO cited for year's first DUI

By David Barker  
52nd Security Forces Squadron

During the past two weeks, Team Eifel drivers were involved in three major collisions and 20 minor accidents. There was also a driving-under-the-influence citation, bringing the wing to Responsibility Condition Bravo.

The DUI was committed by a 52nd Civil Engineer Squadron staff sergeant while driving in Trier. Trier Polizei saw the NCO making

an illegal turn and pulled the vehicle over. The driver registered a blood alcohol level of .154.

The first major crash was at the main gate roundabout. This three-car collision was caused by several factors including tailgating.

The second crash was located on B-257 near Seinsfeld. Inattentive driving factored into the collision and one person was hospitalized.

The third major crash occurred in Bitburg at the five-point traffic circle. The driver entering the circle struck another car. There were minor injuries and both cars were disabled.

Team Eifel members were involved in 20 minor collisions: one from speeding, two in parking lots, five from inattentive driving, one with others at fault, one involving fleeing the scene, four from improper backing, two from failure to yield and four from wildlife.

### Driving tips

There are a great number of alternative ways to get home after drinking without having to drive. The best plan is to have a sober, well-rested, designated driver. Otherwise, call the First Shirt's Ride for Life at 06565-951010 (they'll accept payment later) or call Airmen Against Drunk Driving at 06565-61-2233 or 06565-61-4357.





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Capt. Mike Cumberworth.....PA deputy  
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Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■ DirectLine@spangdahlem.af.mil

■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■ To PA in building 23.

■ Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.



Col. Dave Goldfein

January  
Sortie  
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	258	63	-65
23FS	290	55	-81
81FS	254	90	-9

\*Delta is contract vs. sorties flown to date.

Through Jan. 17

Courtesy of the  
52nd Operations Support Squadron  
Plans and Scheduling Section

# Viewpoint

Jan. 20, 2006

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## AF leaders stress respect for differences *MLK's words embody diversity principles, core values*

By Tinisha Agramonte

U.S. Air Force Academy Equal Opportunity Office

**U.S. AIR FORCE ACADEMY, Colo. (AFPN)** - January marks the start of the New Year as well as the celebration of Martin Luther King Jr. Day.

In recent years, managing diversity has become a business imperative. Senior Air Force leaders have stated that the service's capability to function as a team and accomplish its mission depends on respecting diversity.

Brig. Gen. Dana H. Born, academy dean of the faculty, supported the same view during a recent symposium at the Women in Military Service for America Memorial.

"Without integrity and mutual respect, we simply aren't a team," General Born said. "And that's the heart of our philosophy of officer development at the Academy and Airmen development in our Air Force doctrine."

The Rev. King espoused the message of diversity management before the term became widely used. His work, words and legacy embody not only diversity principles, but also the Air Force core values.

He spoke of the three major pillars that form the foundation for diversity management -- the legal case, the moral case and the business case. When advocating legal rights and equitable treatment through various marches, protests and boycotts, he

didn't champion one racial, religious, age or gender group, but rather all people.

He said, "I have a dream: that one day this nation will rise up and live out the true meaning of its creed -- we hold these truths to be self-evident that all men are created equal."

His actions led to laws that protect the rights of all and in doing so, benefit others. Many people are thankful they are able to maneuver strollers and luggage on curbs and ramps created by law to allow equal accessibility to those in wheelchairs.

He dreamed of a time when people would feel compelled morally to treat people equitably:

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

He demonstrated the adverse economical consequences businesses can suffer when inequities are permitted; the Montgomery bus boycott crippled that city's and Alabama's economy as a whole.

More pertinent to Airmen are the relation of his words to the Air Force core values.

### Integrity First

"Cowardice asks the question -- is it safe? Expediency asks the question -- is it politic? Vanity asks the question -- is it popular? But conscience asks the question -- is it right? And there comes a

## Team work: 52nd MDOS strategizes for being legendary combat medics

By Lt. Col. Steven Caberto

52nd Medical Operations

Squadron commander

When I first took command of the 52nd Medical Operations Squadron almost 18 months ago, I challenged the squadron to chart their future. We invested a day out of our very busy schedules to accomplish this task.

Our brainstorming team consisted of a wide variety of junior to senior enlisted members, company grade and field grade officers, doctors, nurses and technicians.

During this strategic planning, we discussed things such as what our mission is, who are our customers, what types of services we provide, customer satisfaction, and the list goes on.

One of the cornerstones of strategic planning is to define how we want to be remembered, what we are striving to be, or better known, our vision. We generated a wide variety of cute phrases, semantic manipulations, and then the light bulb went off.

The words were strung together almost magically. We wanted our legacy to be

"Legendary Combat Medics, Optimizing Health."

Becoming "Legendary" is much more than creating a nice phrase, writing it into a strategic plan, sewing it onto a squadron patch, or even etching it onto a coin. What we all quickly realized is that becoming "Legendary" is more than one person doing a great job during a single moment in time ... it is a complete squadron living it every moment of every day.

During their in-processing to the squadron, I discuss with each new member our vision and how it enhances our squadron. I challenge each individual to define for themselves how they plan to uphold our "Legendary Combat Medics" vision.

Becoming "Legendary" sometimes requires taking risks. We stepped up and supported many different missions. We did so because it was the right thing to do, to support the efforts to ensure democracy across the world. We have been very high paced and busy for all across our wing. We faced many challenges such as numerous exercises, inspec-

tions and deployments.

Of course, supporting these efforts came with additional pressure on those left behind. It was imperative that we continue to provide the same services with fewer people. I was amazed to see the efforts being put forth throughout the squadron. With the help of numerous squadron members, we were able to refocus our efforts and become even more efficient while keeping our spirits high and team intact.

A lesson I truly learned was a better understanding of the essence of the phrase "Take care of your people and they will take care of the mission."

As a leader you will continuously find yourself being pulled in many different directions. What you cannot do is lose sight of your people and the vision they created. Legends shine when times are tough. Thanks to the men and women of the 52nd MOS for staying the course they chartered ... being "Legendary." I am proud to be a member of the 52nd MOS.

time when one must take a position that is neither safe, nor politic, nor popular; but one must take it because it is right."

### Service Before Self

"Life's most persistent and urgent question is: 'What are you doing for others?'"

### Excellence in All We Do

"Everyone can be great, because everyone can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

His work has left an indelible mark on America's history. However, his story is not the only one.

The purpose of ethnic observances is to shed light and celebrate the accomplishments and contributions of a diverse group of Americans who helped shape America -- not to illicit pity for one group, while discounting another. The Air Force's ability to maintain air and space dominance will rely heavily on its ability to recruit and retain the best and the brightest.

That ability is enhanced when people perceive that equitable treatment, human dignity and respect extend to all. The stories shared and lessons learned from those who exhibit the core values we strive to live by, make the observances relevant and serve as reminders of what is required to achieve mission success.

## Commander's Direct Line

### Safety on base housing

Comment: A while back, my son Travis fell into one of the holes left in the housing area where trees had been removed and broke his foot. Since the grass has grown over the holes, it makes it difficult for someone to see them, especially if you are more interested in catching a Frisbee than worrying about where you are running.

The hole he fell into is by building 38, and there is another one behind building 5 where the sidewalks join together.

I realize that accidents do happen, but this could have been prevented if the holes were filled in properly to begin with. Would it be possible to get the holes filled in so that this does not happen to anyone else?

I would also like to take a moment to praise the medical personnel in the emergency room and the orthopedics staff members. They did a wonderful job taking care of my son.

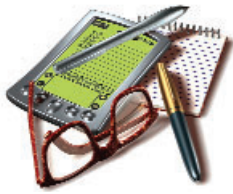
Response: Thank you for identifying this important safety concern. It is our goal to provide a safe environment for all base housing residents, especially children.

To rectify this situation, we immediately dispatched our civil engineers to assess and fix the problem. When they arrived, they discovered several children playing and digging in the holes. We've filled the holes and placed grass seed. In the future, building leaders will closely monitor our grounds to ensure hazards are identified and corrected on the spot.

If you or any base housing resident find similar problems, please do not hesitate to contact the 52nd CES customer service desk at 452-6686. Thanks again for your note. I hope Travis has a speedy recovery.

-- Col. Dave Goldfein  
52nd Fighter Wing commander





## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil).



### La Mafia performs

The USO and Air Force Entertainment present La Mafia, Jan. 29 at 7 p.m. at the Brickhouse. The Tejano band is one of Latin music's most versatile and influential bands, best known for its unique "norteno sound." They also just won the 2005 Latin Grammy for best group album. The show is free, but tickets must be picked up at the community center no later than Jan. 27. For details, call the community center at 452-7381.

### Breastfeeding support group

A breastfeeding support group meets the last Tuesday of each month from noon to 1 p.m. in the WIC-Overseas office in the Bitburg Annex, building 2002. Children are welcome to join their mothers, and people are advised to bring a lunch. The first meeting starts Jan. 31. For details, call Erin Locke at 452-9093.

### AA meetings

Alcoholics Anonymous meets Tuesdays and Thursdays at 7:30 p.m. at Bitburg Annex, building 2015. A newcomers meeting begins at 6 p.m. Wednesdays. Call 01803-224357 (AAHELP) or e-mail [bitburg@aa-europe.net](mailto:bitburg@aa-europe.net).

### Al-Anon meetings

Does someone's drinking bother you? Try Al-Anon. They meet Sundays at 6 p.m. at Bitburg Annex, building 2015. For more information, call 06562-974257.

### SMS news

School officials seek wing members to share information about their occupation with 7th and 8th graders Feb. 3 from 1:15-2:30 p.m. E-mail [sennie.smith@eu.dodea.edu](mailto:sennie.smith@eu.dodea.edu) or call 452-7276 for more information.

### MOS spouses dinner

The 52nd Maintenance Operations Squadron spouse's dinner takes place Tuesday from 6-8 p.m. at Thai Orchidee restaurant on the B-50. This meet and greet dinner is for all spouses of the 52nd MOS. For details, call Bobbi Hess at 06565-934388 or e-mail [bobbipeacock@hotmail.com](mailto:bobbipeacock@hotmail.com).

### BMS news

The Bitburg Middle School Student Council-sponsored clothing drive for Romanian orphanages takes place now through Jan. 27. People can donate clean, used clothing in good condition at the school office. Call Christina Brown at 452-9310 for more information.

### BHS news

BHS students seek tutors in all subjects during school hours and after hours. E-mail [fran.laakman@eu.dodea.edu](mailto:fran.laakman@eu.dodea.edu) or call Sharon Krol at 06565-619202 for more information.

### Cake decorating class

Learn how to make a culinary masterpiece with the Arts and Crafts Center's cake decorating class Wednesday from 6-9 p.m. The class takes place at Spangdahlem AB, building 189. Call 452-6841 to sign up or for details.

### Heart Link

Heart Link, a USAFE spouse orientation program, offers spouses with five years or less experience with the military a chance to learn about military benefits, protocol, the Air Force mission and services available to military families. It takes place Jan. 27 from 8:45 a.m. to 2 p.m. in building 130. Lunch is provided along with reimbursable childcare. To sign up, call Tammy Kunz at 452-9491 or e-mail [tammy.kunz@spangdahlem.af.mil](mailto:tammy.kunz@spangdahlem.af.mil).

### Online research class

Take part in the library's online research class Feb. 23 at 6 p.m. in the education center's computer room, building 192. The class shows people how to use the library's online databases and find the information needed for research. For details, call Raquel Santos at 452-9056.

### Scholarship info

The Defense Commissary Agency and the Fischer House Foundation accept applications now through Feb. 22 for education scholarships for children of military families and retirees. Applications and details are available at [www.militaryscholar.org](http://www.militaryscholar.org).

### German class

A 10-week basic German language class takes place each Thursday starting Feb. 2 from 4-5:30 p.m. in the Spangdahlem AB Library. Call Ute Palk at 452-6203 to register or for details.

### Brick House news

Call Kim McElfresh at 452-7381 for details on the following activities.

♦ Tasty Tuesdays take place through January from 6-8 p.m. The event features homemade meals and random tournaments for \$6 per person.

♦ SWAT every Wednesday in January at 5 p.m. by teaming up with squadron members and participating in various tournaments. The team with the most accrued points wins the "traveling trophy" and bragging rights.

♦ The Brick House is open extended hours Saturday and Sunday for Super Bowl playoff viewing.

♦ A Pool Shark tournament takes place Jan. 28 from 11 a.m. to 3 p.m. The winner goes on to play at the RAF Lakenheath tourney.

### Saber Sweethearts

Send a Valentine's Day message to that special someone. E-mail 30-45 words to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) and type "Saber Sweetheart" in the subject line and the *Eifel Times* will print your little love letter in the Feb. 10 edition. The deadline is Feb. 1.

### Single, unaccompanied dinner

Single and unaccompanied Sabers can enjoy a free home-cooked meal Thursday at 5 p.m. at the Spangdahlem AB chapel, building 135. The Spouses and Enlisted Members Club is cooking up chili with all the toppings. For details, call the chapel at 452-6711.

### Landscaping equipment

The 52nd Civil Engineer Squadron Self-Help Store has salt, spreaders, snow shovels and landscaping equipment available for loan to Military Family Housing area building and dormitory managers. The store is open Monday-Thursday from 7 a.m. to 4 p.m. and Fridays from 7 a.m. to noon. For details, call the store at 452-7163.

## Chapel Services

### Spangdahlem AB

#### Catholic Mass

♦ Saturday, 5 p.m.

♦ Sunday, 8:30 a.m.

♦ Sunday, religious education, 9:45 a.m. (Building 139)

♦ Monday - Thursday, 11:45 a.m. Protestant

♦ Sunday, 10:30 a.m., traditional service

♦ Sunday, 1 p.m., Korean service

♦ Sunday, 5 p.m., Sunday Night Live service

### Bitburg Annex

#### Catholic Mass

♦ Sunday, 11:30 a.m.

♦ Monday, 8:30 a.m. Protestant

♦ Sunday, 8:15 a.m., liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

**For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.**

## What's happening at Club Eifel?



### Monday Margarita Night!

\$1.00 Margarita specials, plus buy one salad and get one-half off a second salad of equal or lesser value.

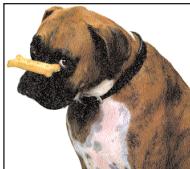


### 2-4-Tuesday Appetizers!

All of our delicious appetizers are buy one and get one free of equal or lesser value.

### Wednesday Night Pizza and Wings!

Order up any large two-topping pizza and a pitcher of soda or domestic beer for only \$10.00. Add a tasty order of chicken wings in any Rockers' style for just \$5 more to make your night out a real treat!



## Der Markt

### Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.



## Movies

The following movie listings are for today through Jan. 26. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

Today

*Jarhead (R, 7 p.m.)*

The film is based on former Marine Anthony Swofford's best-selling 2003 book about his pre-Desert Storm experiences in Saudi Arabia and his experiences fighting in Kuwait.

*The Legend of Zorro (PG, 9:30 p.m.)*

Despite trying to keep his swashbuckling to a minimum, a threat to California's pending statehood causes the adventure-loving Alejandro de la Vega and his wife, Elena to take action.

Saturday

*The Chronicles of Narnia: The Lion, The Witch and The Wardrobe (PG, 7 p.m.)*

Four children travel through a wardrobe to the land of Narnia and learn of their destiny to free it with the guidance of a lion messiah.

*The Legend of Zorro (9:30 p.m.)*

Sunday

*Chicken Little (G, 4 p.m.)*

After ruining his reputation with the town, a courageous chicken must come to the rescue of his fellow citizens when aliens start an invasion.

*The Chronicles of Narnia: The Lion, The Witch and The Wardrobe (7 p.m.)*

Monday

*The Legend of Zorro (7 p.m.)*

Tuesday

*The Chronicles of Narnia (7 p.m.)*

Closed Wednesday and Thursday

### Bitburg Castle

Today

*Aeon Flux (PG-13, 7 p.m.)*

A mysterious assassin works for the Monicans, a group of rebels trying to overthrow the government.

*Prime (PG-13, 9:30 p.m.)*

A career-driven professional woman from Manhattan is wooed by a young painter, who also happens to be the son of her psychoanalyst.

Saturday

*Aeon Flux (7 p.m.)*

*The Weatherman (R, 9:30 p.m.)*

A Chicago weather man, separated from his wife and children, debates whether professional and personal success are mutually exclusive.

Sunday

*Dreamer: Inspired by a True Story (PG, 4 p.m.)*

A trainer and his daughter nurse an injured horse back to health with an eye on racing her in the Breeders' Cup.

*Prime (7 p.m.)*

Closed Monday and Tuesday

Wednesday

*Aeon Flux (7 p.m.)*

Thursday

*Dreamer: Inspired by a True Story (7 p.m.)*

## "Board?"

# Local ski slopes offer low-cost fun

By Iris Reiff

52nd Fighter Wing Public Affairs Office

With winter in full force, skiing enthusiasts may find themselves drawn to Germany's snow-capped mountains.

Ski weeks are offered in Garmisch and Berchtesgaden, Austria, the Alps and through countless recreation center tours and trips. But, if time and money are limited after the holidays, there are other alternatives.

Believe it or not there are slopes -- not exactly the Alps, but slopes -- in the Hunsrueck Mountains and Schneifel area where one can enjoy the fun sport.

Erbeskopf, the highest spot in the Hunsrueck mountains (816 meters or 2,677 feet), has nice, wide slopes and is an excellent place to learn.

The area offers ski runs, cross-country tracks, several lifts, toboggan runs, night-skiing, a restaurant and a ski hut.

To reach Erbeskopf, take the A-60 toward Trier, and then Schweich and then take the A-1 toward Saarbruecken and Kaiserslautern, exiting at Reinsfeld. Follow B-327 north toward Morbach. After about 19 kilometers there will be a sign to the Erbeskopf.

Erbeskopf is now open. Call the Morbach tourist information office at 06533-71117 or call the resort at 06504-778 for details.

Snow conditions are announced in German at 06504-316 or 716. Snow conditions are not perfect; however, sufficient snow can be produced there. The slopes remain open and the lifts are running, according to officials.

Idarkopf is also in the Hunsrueck Mountains; the southern hill. The slopes (764 meters or 2,447 feet) are near the town of Stipshausen and about 20 minutes from former Hahn Air Base. It has two lifts and a sled run.

The ski area often remains lit late at night for night skiing.

The resort also offers lessons but no equipment rental. Its ski run is 1,100 meters long. For information, call the Morbach information office where English is spoken at 06533-71117. The resort's number is 06536-932-150.

Schwarzer Mann and Wolfsschlucht are located about one hour northwest of Spangdahlem near Pruem.

Schwarzer Mann is located about 14 kilometers northwest of Pruem and offers runs of 700 and 800 meters, two lifts, a



Courtesy photo

**Outdoor enthusiasts snowboard on a sunny day at one of the many ski slopes throughout Germany.**

toboggan run and a 5-kilometer cross country ski track. Ski and boot rental is possible.

To find out about the weather and slope conditions at Schwarzer Mann, there is a hotline in German at 06551-4422 or 3252.

Presently the slopes are closed at the Schwarzer Mann; however, the area offers nice walking trails, and the skiing cottage and restaurant remain open. Sufficient parking is also available.

The Wolfsschlucht has two downhill slopes, a lift, hills for tobogganers and an 8.5-kilometer cross country trail. It is about three kilometers northwest of Pruem.

Call 06551-505 or 4545 for more information about the Wolfsschlucht. Both resorts offer downhill skiing lessons and have a ski hut offering food and refreshments.

The slopes are now open and artificial snow is produced when the temperature drops below zero.

Prices for rentals are much lower at these resorts than at the bigger places in the Alps.

Pruem is located north of Bitburg and can be reached via A-60.

It is always recommended that people call the resorts prior to arrival to see if the slopes are open and if skiing is possible, based on snow conditions.

## Out and About

*For tickets, call the TV-Ticket-Hotline at 0651-7199-996 or visit the Bitburg TV office, located on Hauptstrasse 39a, unless specified otherwise.*

♦ Fasching friends may now sign up to participate in the annual Bitburg Fasching parade, **Feb. 26** at 2:11 p.m. For more information call Melanie Lenertz-Alex at 0176-22044910.

♦ See Mayqueen, A Tribute to Freddie Mercury and Queen in concert **Saturday** at the Euskirchen City Forum. For details, call 06591-9499881.

♦ Enjoy a classical concert featuring compositions by Bach, Mozart, Massenet, Chopin, Lizst, Muschdabajewa and others, **Feb. 5** at 7 p.m. in the Bitburg Beda House. The concert will be performed on piano, violin and cello by the Risliev ensemble. Tickets are 10 euros for adults and 5 euros for children. Call the Bitburg Cultural Society at 06561-6001-225 to reserve tickets.

♦ Listen to professional military marching music and see a military parade **tonight**, at 7:30 p.m. in the Trier Arena. More than 400 participants from six different nations including the U.S. will perform. For details and to purchase tickets, call 01805-602260 or visit [www.bundesmusikparade.de](http://www.bundesmusikparade.de).

*For details and tickets to the following functions, contact the Trierischer Volksfreund Presse Center at 0651-718-1818.*

♦ See the Fire of Georgian Dance performance **tonight** at the Trier Arena.

♦ Enjoy baroque music and international folk music during a classical concert **Saturday** at the Wittlich Synagogue located on Himmerodstrasse.

♦ Enjoy funk, blues and rock music **Saturday** at the Freudenburg Duksaal.

♦ Taste wines and enjoy entertainment at the annual Mosel-Saar-Ruwer

wine forum **today through Sunday** at the Trier Viehmarkt square. The event will be open today and Saturday from 2-9 p.m. and Sunday from 11a.m. to 7 p.m. Visit [www.weinforum-trier.de](http://www.weinforum-trier.de) for details.

♦ Listen to rock music by Live Music Session **Sunday** at the former Bitburg Air Base, hall 300.

♦ Listen to jazz music by the Bernard Allison & Band ensemble from the U.S. **Wednesday** at the Trier Tuchfabrik cultural center.

♦ Listen to blues by Blue Drive **Jan. 25** at the Mertesdorf Hotel Karlsmuehle.

♦ Enjoy the Trisha Brown Dance Company **Jan. 27-28** at the Luxembourg Grand Theatre.

♦ Listen to big band sounds by the Glenn Miller Orchestra **Feb. 1** at the Idar-Oberstein Stadtheater.

♦ See the Magic of Ireland dance show **March 25** at the Irrel Buergerhaus.



## Runners should not give workouts cold shoulder

### *Fitness gurus share tips to chill exercise anxieties*

Story and photo by Staff Sgt. Jennifer Lindsey  
52nd Fighter Wing Public Affairs Office

Running outdoors during months that seem only suitable for polar bears and penguins may require dedication; however, as it is in nature, adaptability is the key to success.

Blubber, fur and feathers aside, maintaining fitness in frigid temperatures calls for layers, firm footing and hydration. A healthy dose of motivation is also a plus.

Battling the elements while on foot requires proper attire. Layering is fundamental, said Col. Sid Banks, 52nd Mission Support Group commander. Before pounding the freezing pavement, the former University of Louisiana track athlete bundles up in Dri-Fit running pants, layered shirts, a wind breaker, a knit cap and gloves to maintain a comfortable body temperature. He also makes adjustments for the heat his body will generate during the run.

"I dress as if it's 20 degrees warmer than the actual temperature. For example, if it's 30 degrees outside, I dress as though it's 50 degrees," he said.

Julie Langager, 52nd Aerospace Medicine Squadron exercise physiologist, suggests winter runners wear three upper layers. The innermost layer should be made of moisture-wicking fabrics, such as microfibers, to allow sweat to dissipate while helping to maintain warmth. Cotton is a poor inner layer choice because it keeps sweat next to the skin, which cools the body, she said.

Fleece is a good middle-layer choice because it will help contain the warmth the muscles generate. The outer layer should be a waterproof, breathable fabric to protect the body from wind and cold moisture while allowing excess body heat to slowly escape.



**Tech. Sgt. Oscar Black, left, 52nd Logistics Readiness Squadron equipment NCOIC, and Master Sgt. Joseph Oswald, 52nd LRS vehicle maintenance superintendent, run laps on the Spangdahlem Air Base track Jan. 11 as part of their physical fitness routine. Dressing in layers and running on surfaces cleared of ice and snow, such as a running track, are a couple of ways Airmen can ensure a safer winter workout.**

Wearing a hat and gloves is also essential to maintaining a healthy body temperature during winter workouts because the head and hands dissipate 80 percent of one's body heat. Also covering the nose and mouth with a light scarf prevents "lung

freeze," the typically uncomfortable sensation runners experience while deeply breathing in cold air.

Maintaining firm footing while running in icy conditions can be tricky. The most common seasonal injuries Mrs. Langager sees result from slipping on slick roads. The physiologist suggests runners stick to cleared paths.

"The track, as boring as running around in a circle may be, is a safe place. Just be careful for possible icy patches," she said.

Exercising during the daytime is another way to prevent slippery situations because the sun typically keeps the daytime temperatures higher than those at night.

Although the temperature is chilly, people can still become dehydrated. Hydration is equally important for winter runners as it is for people who generally run in warmer weather.

"Even in cold weather we can dehydrate," said Mrs. Langager. People should drink a minimum of six to eight glasses of liquid daily and runners should drink an additional four to eight ounces at 15-minute intervals, according to the American Running Association.

Mustering the motivation to run outside while the north wind is blowing, unfortunately, is up to each individual. However, keeping winter workouts simple may help. The ARA suggests keeping clothing convenient for donning and running a familiar route throughout the season. To keep his motivation high, Colonel Banks sets a distance goal which pushes him to keep going despite the temptation to cut his run short.

"Unless the temperatures are in the teens, I prefer running outdoors for the fitness benefits, but, more importantly for the relaxation and challenges it offers. The health and wellness benefit acquired by running truly makes the end justify the means," the group commander said.

## Sports Briefs

### Varsity volleyball

Tryouts for the varsity volleyball team take place Sunday from noon to 2 p.m. with open play from 2-5 p.m. For more information, call the fitness center at 452-6634.

### Rugby players wanted

The Trier/Spangdahlem Men's and Women's Rugby Club needs motivated people to play rugby. No experience is required as team members will teach the game at training. Training takes place Tuesdays and Thursdays from 8:30-10:30 p.m. in Trier. For details, call Senior Airman Raymond Pantaleo at 01714-158532, e-mail him on the global, or visit the team's Web site at [www.rugby-trier.de](http://www.rugby-trier.de).

### Tai Chi

Tai Chi classes take place each Monday and Wednesday from noon to 1 p.m. in the Health and Wellness Center, building 131, and each Tuesday and Thursday from 6-7:30 p.m. in the Bitburg Annex gym, building 103.

### Fitness advisory council meeting

The quarterly Fitness Sports and Advisory Council meeting takes place Wednesday at 3 p.m. in the Skelton Memorial Fitness Center conference room. For more information, call Mark Warner at 452-6634.

### Powerlifting championship

Weightlifters are invited to participate in the 2006 U.S. Forces Europe Powerlifting Championships Feb. 11 at the Landstuhl Gymnasium in

Kaiserslautern. People can enter individually or as part of a team. The registration deadline is Feb. 7 at 9 a.m. For details, call Mark Warner at 452-6634.

### February fitness events

♦ The American Heart/Valentines 5K fun run/walk takes place Feb. 14 at noon at the Skelton Memorial Fitness Center. The route is along Perimeter Road and there is no time limit. Parents can bring their children and dogs.

♦ Burn major calories with three hours of spinning during a Spinathon Feb. 25 at 10 a.m. in the Skelton Memorial Fitness Center. The event features three instructors, but participants do not have to do all three hours. They can also sign up for one or two hours. Call the Skelton Memorial Fitness Center at 452-6334 for to register.

### USAFE sports officials needed

USAFE sports needs new and experienced officials who are interested in officiating the USAFE small unit basketball championships March 5-11 at Vogelweh; the basketball championships March 19-25 at Spangdahlem; the volleyball championships May 14-20 at Alconbury, England; the small units softball championships Aug. 6-12 at Fairford, England; the softball championships Aug. 13-19 at Lakenheath, England; and the soccer championships Oct. 15-21 at Ramstein. People interested can submit an AF Form 303 to the USAFE Sports office four weeks prior to the event. Game fees, transportation and lodging are provided. For more information, call Mark Warner at 452-6634.

## Scoreboard

The following is a list of intramural basketball game scores held at the Skelton Memorial Fitness Center. Game times are every Monday through Thursday from 5:30-8:30 p.m.

### Jan. 12

52 CES	64	52 EMS 2	23
702 MUNNS	49	606 ACS	49
52 MDG	62	Firedawgs	29
52 OSS	43	52 CS	41

The following are the current standings for the Recreational Racquetball League as of Jan. 18.

Team	W	L
Brewers Bruisers	8	4
52 SVS Crackshots	8	2
52 CES	5	7
52 OSS	1	9

The following is a list of Bitburg High School Lady Barons basketball results for Jan. 13-14.

### Jan. 13

#### Varsity

Hanau Lady Panthers 37 Bitburg Lady Barons 34

#### Junior varsity

Bitburg Lady Barons 14 Hanau Lady Panthers 9

### Jan. 14

#### Varsity

Bitburg Lady Barons 36 Hanau Lady Panthers 29

#### Junior varsity

Hanau Lady Panthers 27 Bitburg Lady Barons 22